

# Dhamma Reflection

Very Important Doctrines in Buddhism  
(To practice in our day to day life in the name of happiness)

**The Triple Gem :-** (The Most valuable things that we received as the result of previous merits)  
The Buddha (Buddha's Enlightenment)  
The Dhamma (Buddha's Teaching)  
The Sangha (Buddha's Noble Disciples)

**The Five Precepts :-**

1. Abstaining from taking lives (*Pàṇātipāṭa veramani*)
2. Abstaining from stealing (*Adinnādāṇā veramani*)
3. Abstaining from sexual misconducting (*Kāmesumiccācārā veramani*)
4. Abstaining from false speech (*Musāvādā veramani*)
5. Abstaining from taking intoxication drinks and drugs causing heedlessness (*Surāmeraya maddapamāḍattāṇā veramani*)

**The Three Levels of practicing Buddha's message :-**

**First level -** Education (*Sippam/ suta*), Economy (*Dhanam*), Health (*ārogya*) and Morality (*Samacariyā*)

**Second level** (Three Meritorious Deeds) :-

1. Generosity (*Dāna*)
2. Virtue (*Seela*)
3. Meditation (*Bhāvanā*)

(The Three Friends those who put the treasure inside)

**Third Level** (Three Disciplines)

1. Virtue (*Seela*)
2. Concentration (*Samādhi*)
3. Wisdom (*Pannā*)

**The Ultimate Goal of life :-** Happiness (Keeping mind away from all defilements)

**The Best Friend** - Awareness or Mindfulness  
(according to matter or body, feelings, mental formation and mind)

**Five Spiritual Faculties -** 1. Confidence (*Saddhā*) 2. Energy (*Viriya*) 3. Mindfulness (*Sati*)  
(Our real Heritage) 4. Concentration (*Samādhi*) 5. Wisdom (*Pannā*)

**The Highest knowledge that a person can gain to cease from suffering –**  
Knowledge (about Karmic force and The Dependent Origination)

**Enemies that we should get rid of** – Greed, Hatred, Delusion (Defilements/ Unwholesomeness)  
(The enemies are those who steal our good internal human values)

**Dhamma Reflexion** - Loving Kindness/Friendliness(Metta), Honesty (Uju), Wisdom (Panna)

**The Four Noble Truth** – 1. The suffering (*Dukkha sacca*)  
2. The cause of suffering (*Samudaya sacca*)  
3. The cessation of suffering (*Nirodha sacca*)  
4. The path that leads to cessation of suffering (*Magga sacca*)

**The Noble Eight Fold Path** – Right Understanding (*Sammà Ditthi*)  
Right Thoughts (*Sammà samkappa*)  
Right Speech (*Sammà Vâcà*)  
Right Action (*Sammà kammantha*)  
Right Livelihood (*Sammà âjiva*)  
Right Effort (*Sammà Vâyâma*)  
Right Mindfulness (*Sammà sathi*)  
Right Concentration (*Sammà samâdhi*)

**Spirit/ Nodule/Core /Base** - Dependent Origination/ Cause and effect  
(The Foundation to understand impermanence)

**Five Aggregates :-** 1. Matter (*Rupa*) 2. Feeling (*Vedanà*) 3. Perception (*Sannà*)  
4. Mental Formation (*Sankhàra*) 5. Consciousness (*Vinnàna*)

**How to investigate these five aggregates? As**

1. Arising (*Samudaya*) 2. Ceasing (*Atthangama*)  
3. Enjoyment (*Assâda*) 4. Bad results (*âdinava*) 5. Liberation (*Nissarana*)

**Causes to develop the wisdom –**

1. Association with a good friend who explains the Buddha's real message  
(*Sappurisa sansevo*)  
2. Listening to the Buddha's Message (*Saddhamma savanam*)  
3. Wise Reflection (*Yoniso manasikâro*)  
4. Practice (*Dhammànudhamma patipatti*)

**The Buddha's Message in nutshell** – Get rid of all evil, do what is good, purify/cleanse one's mind

*'Sabba pâpassa akaranam kusalassa upasampadà,  
Sacitta pariyo dapanam etam buddânasânam'.*

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